

Men over 17 and women over 45 can safely eat more fish

- **Safe to eat 5 servings per week** — bluegill and other sunfish
- OR
- **Safe to eat 2 servings per week** — carp, catfish, or sucker
- OR
- **Safe to eat 1 serving per week** — largemouth bass **OR 2 servings per month** — striped bass or sturgeon

Do not eat fish or shellfish from the Port of Stockton.

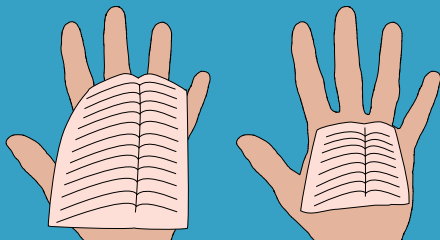
♥ Why eat fish?

Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

What is the concern?

Some fish have high levels of mercury that can negatively affect how the brain develops in unborn babies and children.

What is a serving?



For Adults

For Children

The recommended serving of fish is about the size and thickness of your hand. Give children smaller servings.

Fish buying guidelines for women 18 – 45 and children 1 – 17

Do not eat fish caught by family or friends in the same week that you eat fish bought in a store or restaurant. For fish that you buy:

- **Safe to eat 2 servings per week** of low mercury fish such as salmon ♥, pollock, catfish, tilapia, shrimp, anchovies ♥, sardines ♥, trout ♥, or canned chunk-light tuna



OR

- **Safe to eat 1 serving per week** of medium-mercury fish such as canned albacore (white) tuna ♥



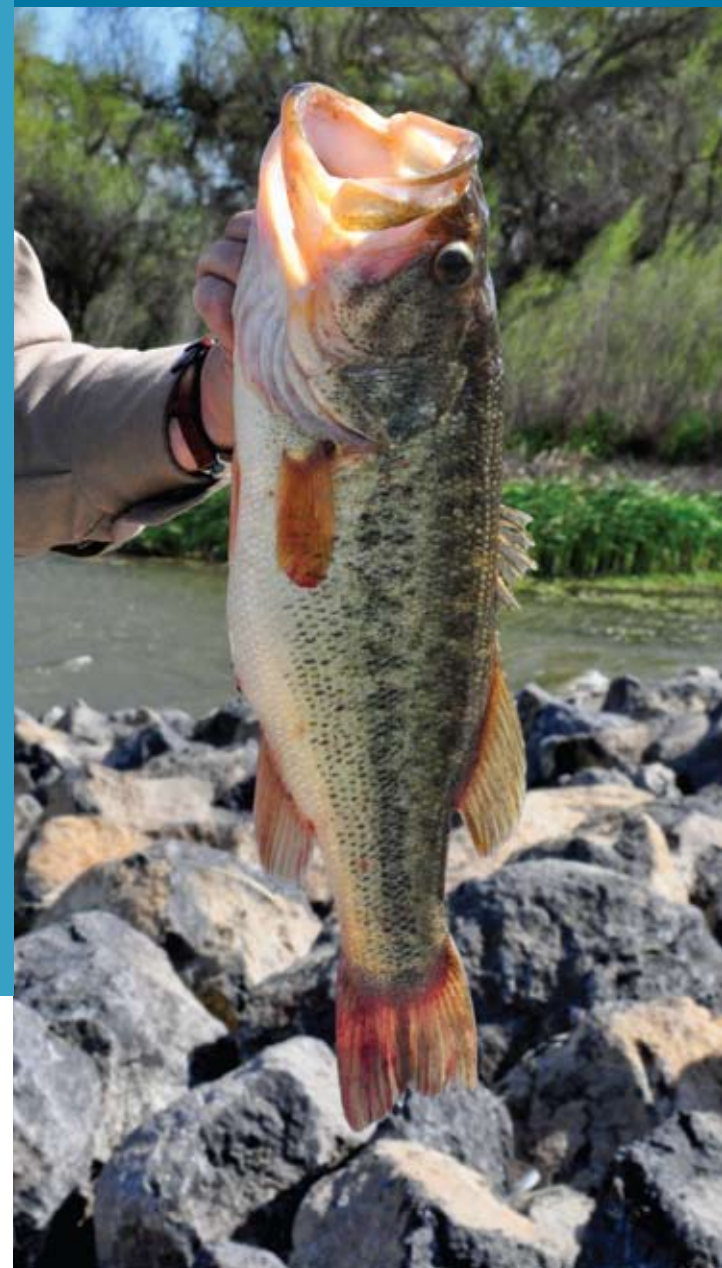
- **Do not eat** shark, swordfish, tilefish, or king mackerel



♥ = High in Omega-3s

Guide to Eating Fish Caught in the **San Joaquin River**

From the Port of Stockton to Friant Dam



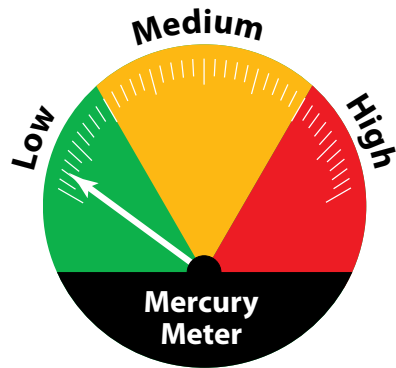
**California Office of Environmental
Health Hazard Assessment**

www.oehha.ca.gov/fish.html

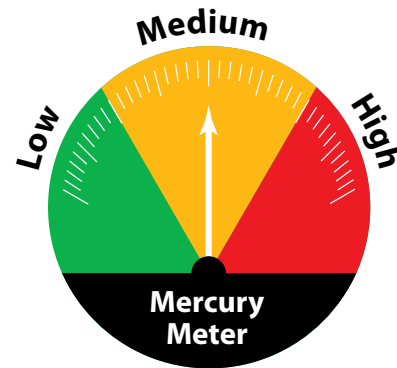
(916) 327-7319 or (510) 622-3170

A guide to eating fish caught in the San Joaquin River

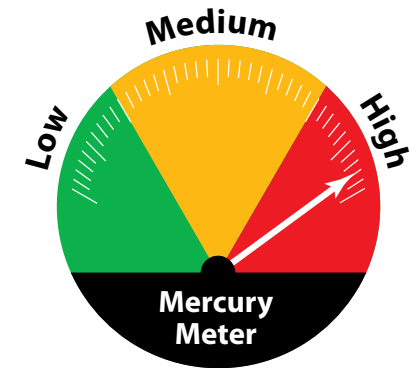
Women 18 - 45, especially those who are pregnant or breastfeeding, and children 1 - 17




Bluegill and
other sunfish




Catfish




Largemouth Bass



Safe to eat
2 servings per week

OR

Safe to eat
1 serving per week

Do not eat
except **striped bass under 27 inches** or
sturgeon — safe to eat 1 serving per month
Do not eat
any fish or shellfish from the Port of Stockton